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Weekly Bulletin



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EDITOR

**Summary of Child Hygiene Activities.**

The following is a summary of the activities of the Bureau of Child Hygiene under the provisions of the Sheppard-Towner Act, which grants the use of federal government funds to supplement state appropriations for child hygiene work.

*Administrative Agency.*

State Board of Health, Bureau of Child Hygiene.

*Staff.*

Director, physician-lecturer, supervising nurse, two maternity home inspectors (nurses), four clerks (one vital statistics), and eighteen public health nurses in twelve counties, on part pay from Sheppard-Towner funds.

*Activities up to December 31, 1925.*

The state nurses supervised the work of the field nurses for maternity and infancy. These field nurses have organized 56 permanent and 14 temporary health centers in which 40,412 children have been examined (these figures include some, but not all, of the children examined during the preschool campaigns).

Dental conferences and Little Mothers' classes have been held in a limited number of localities.

State survey of midwives—356 found, of which 111 were licensed to practice.

State physicians have examined children in the past year, using this means to stimulate interest in permanent child health centers, and to launch new work of this kind. Lectures to organizations

to fill demand for educational work. One physician is constantly employed, speaking on child hygiene to groups of men and women, reaching over ten thousand people in the past year. These talks occasionally precede or follow child health conferences. Prenatal round tables also offered. Sets of prenatal letters have been prepared:—these were first distributed to 5,500 physicians of California. Up to the present time 8,678 sets have been sent to prospective mothers.

*Preschool Campaign.*

During April and May the effort is made to make complete physical examinations available to every child entering school the following fall, so that any needed improvement of hygiene can be instituted and physical defects corrected before the beginning of the school year. Pediatricians furnished to counties at the request of the local medical societies. In two years, 12,740 children examined and referred to their family attendant for any necessary work. During the last drive assistance was given by 363 physicians, 111 dentists, 178 public health nurses and 481 lay workers.

*Inspections.*

In September, 1925, the Bureau of Child Hygiene assumed the work of inspecting maternity hospitals and homes, making recommendations to the State Board of Health for license. There are 353 known institutions to be visited. New homes are constantly springing up. This offers a large field for prenatal education and improvement of confinement care.

Educational exhibits have been arranged at fairs, food shows, in well baby weeks



and in connection with women's organizations.

Eleven new pamphlets have been prepared; 314,877 pieces of literature have been distributed, making an average of 8,745 a month for thirty-six months.

Four-fifths of 400 children brought to Massachusetts "habit clinics," failed to get what a "normal" home should give them, according to a statement by the Massachusetts division of mental hygiene.

The Massachusetts division assumes that a normal home should give a child not only food and shelter but training in conduct, affection, some of the culture of the group to which he belongs, opportunity for play, companionship with other children. According to this standard only one out of five of the habit clinic children had a real home. In most cases where the home failed the child it was not through poverty, but for spiritual reasons. For instance, of 280 children, 83 per cent received no teaching from their parents of what right or wrong behavior is; 78 per cent received no effective control, nearly 50 per cent lived in homes showing no cultural interests, 41 per cent lacked opportunity for normal play and 10 per cent were unloved.

### Health Examinations For Children Of Pre-School Age.

The Bureau of Child Hygiene of the California State Board of Health is about to start its annual campaign to encourage parents of children of pre-school age to have such children given a thorough physical examination by a physician before they enter school for the first time. During the spring months of last year these examinations were conducted in twenty-nine counties of the state and more than ten thousand children were examined. In commenting upon the campaign the Superintendent of Public Instruction, Will C. Wood, says:

"The physical fitness of children has so much to do with their school progress and their ultimate success in life that I urge all superintendents, principals and teachers to cooperate with the Bureau of Child Hygiene in this effort. Attention is called to the fact that the proposed examinations are in no way compulsory, and that no child can be debarred from school privileges because parents are unwilling to have such an examination made."

General health is usually maintained more easily when the amount of good food harmonizes with the ability of the digestive organs to take care of it easily. It does not take long for a normal individual to know what constitutes this amount. The welfare of the body depends not only on the amount eaten but on that which is digested and assimilated. If greatest efficiency can be maintained with a lesser quantity of food, why tax the organs with a greater supply?—T. D. Wood and T. Dansdill.

### Birth, Not Death, Leads to Development.

Professor Samuel J. Holmes of the Zoology Department of the University of California is the contributor of a chapter in Population Problems, a symposium published by the Pollack Foundation for Economic Research. His chapter deals with The Effect of the Health Movement on the Future Population.

Medical aid and public health activities that aid in reducing the mortality rate Dr. Holmes regards as relatively unimportant when compared to the differential birth rate.

"It is birth, not death, that leads on to further development," he says in this regard. "The death of the unfit is favorable to advancement simply because it prevents the unfit from producing inferior progeny. If the unfit were eliminated, or merely failed to reproduce, the outcome would be very much the same."

That the health, happiness and efficiency of a race would profit for a number of generations by the work that is progressing in the elimination of infectious and germ diseases and then may bring harm in the long run is the zoologist's belief.

"Nature might take her revenge later on," he contends. "We must seriously reckon with a degree of deterioration due to the removal of causes of death which there is reason to believe have some selective value. But however successful our efforts in this respect may be, there will remain many causes of death, highly selective in their effect, which will always be working to keep our native vitality up to standard."

Speaking of the differential birth rate, which results in larger families among the poor, the feeble-minded and the other classes that are of the lower social levels, Holmes advocates a restriction of birth rate of the subnormals. This, he says, would have a two-fold beneficial effect. It would ameliorate the difficult conditions of this section of the population and would compensate for the dysgenic effect of the reduction of the death rate, he claims.

Racial progress, according to Dr. Holmes, may result from birth restriction measures. He concludes that progressive evolution will have to compensate for the work of public health in upsetting the natural selective death rate of those with hereditary or other defects.

"Man is a logical animal. He reasons from evidence. And that's the source of all human error. Man's reasoning is faultless. It's his intuitions that are deplorable."—Rafael Sabatini.



### Auto Camps Getting Ready For Spring Rush.

The current warm days have given impetus to the activities of the owners of automobile camps. Renovation of buildings, installation of new sanitary equipment, general clean-up and painting have been started in many camps. In some places, new buildings are being constructed. Attention is called to the regulations of the California State Board of Health concerning the construction and maintenance of buildings in automobile camps. The section of the regulations pertaining to this subject is printed here. Health officers and sanitary inspectors may find it advisable to call the attention of all automobile camp owners to this section, in order that any misunderstandings concerning the regulations and their enforcement may be prevented.

"If cottages, cabins, dwelling houses or other buildings to be used for human habitation are erected in any public camping ground, the following minimum requirements in their construction shall be observed:

1. All floors (including tenthouse platforms) shall be raised at least 18 inches above the ground and space underneath shall be kept free from obstruction.

2. All floors shall be constructed of tongue and groove material.

3. Interior walls shall be of surfaced lumber or other material that may easily be kept clean and shall be constructed so that they may always be kept in a thoroughly clean condition.

4. No room used for sleeping purposes shall have less than 500 cubic feet of air space for each occupant.

5. The area of window space in each sleeping room shall be equal to at least one-eighth of the floor area of the room.

6. Windows of sleeping rooms shall be so constructed that at least half of each window can be opened.

7. Cooking shall not be permitted in any sleeping room.

8. If kitchen is provided, it must be equipped with running water and a sink connected with a sewerage system, septic tank or a covered cesspool. Kitchen must be screened against flies and mosquitoes.

9. If private toilet is provided it must be water-flushed and connected with a sewerage system or septic tank. Room containing such toilet must have window opening to the outside air and its floor must be constructed of impervious material.

10. If bathroom is provided it must have an impervious floor and must have window opening to outside air. Bath

and lavatory must be connected with sewerage system, septic tank or cesspool.

11. Covered metal garbage containers must be provided; at least one for every two buildings.

12. Buildings shall be cleaned daily and after each occupancy shall be thoroughly cleaned. If bedding is provided it must be kept in a clean condition."

NOTE.—In addition to observing these requirements, all local building ordinances must be complied with.



### Community Health Is A Vital Factor.

Community health is the sum total of the health of each individual residing in the community.

Whatever affects the health of one individual affects the health of all. Furthermore, health affects the prosperity, economic condition and general welfare of each individual in the community.

There can be no healthy community unless every class of people residing in the community is in the best possible physical condition.

Health, too often, is considered only as it concerns public charity. Many people fail to recognize public health administration as a governmental essential.

"Public health is the foundation upon which the government rests."

Without health there can be no business, no government, no social relations and no community life.

Proper administration of community health is as vital as prevention of fire and prevention of crime.

It is inconceivable that any community will demand the maintenance of a fully equipped and efficiently operated police department and fire department but will, at the same time, be indifferent regarding the operation of a well conducted health department.

The principles of public health administration are as well worked out as are the principles of fire and crime prevention. The laboratory identification of the causative organisms of many of our most serious communicable diseases is as definite as the identification of criminals by means of the finger print system.



Animal development in relation to child development, the physical growth, nutrition, and mental hygiene of the young child, and the literature of research in these fields will be studied by the new child-development committee of the National Research Council. Dr. Bird T. Baldwin, Iowa, is chairman. The committee recently held an organization meeting which was attended by 28 research workers.



**MORBIDITY.\*****Diphtheria.**

121 cases of diphtheria have been reported, as follows: Alameda 2, Oakland 7, Contra Costa County 1, Richmond 2, Fresno 2, Kern County 1, Bakersfield 1, Los Angeles County 8, Alhambra 1, El Segundo 3, Huntington Park 1, Los Angeles 47, San Fernando 1, Lynwood 1, Hawthorne 1, Monterey County 1, Orange County 1, Santa Ana 2, Sacramento 3, Hollister 1, San Bernardino County 2, San Diego County 2, San Diego 7, San Francisco 14, San Joaquin County 1, Stockton 1, Santa Barbara 1, San Jose 2, Sonoma County 1, Healdsburg 1, Stanislaus County 1, Sutter County 1.

**Measles.**

90 cases of measles have been reported, as follows: Alameda 1, Berkeley 1, Oakland 1, Pittsburg 1, Fresno County 12, Los Angeles County 5, Burbank 1, Long Beach 1, Los Angeles 10, Pasadena 1, Marin County 4, Fullerton 1, San Francisco 41, San Jose 1, Benicia 1, Visalia 1, Fillmore 7.

**Scarlet Fever.**

155 cases of scarlet fever have been reported, as follows: Alameda County 1, Alameda 2, Berkeley 1, Oakland 4, Chico 3, Fresno County 6, Fresno 4, Eureka 1, Hanford 1, Los Angeles County 25, Alhambra 1, Culver City 1, Hermosa Beach 1, Huntington Park 1, Long Beach 6, Los Angeles 27, Pasadena 3, Redondo Beach 2, Torrance 1, Hawthorne 4, Maywood 1, Orange County 2, Fullerton 2, La Habra 1, Monterey Park 1, Riverside 2, Sacramento 1, San Diego County 3, San Diego 9, San Francisco 23, San Joaquin County 1,

\*From reports received on March 1st and 2d, for the week ending February 27th.

Stockton 2, San Luis Obispo County 1, Santa Barbara 2, Los Gatos 1, Palo Alto 1, San Jose 1, Tulare County 3, Woodland 3.

**Smallpox.**

125 cases of smallpox have been reported, as follows: Alameda 1, Berkeley 2, Oakland 8, Brawley 4, Kern County 1, Los Angeles County 12, Compton 1, Glendora 1, Huntington Park 1, Long Beach 3, Los Angeles 62, Pasadena 3, Whittier 1, Madera 1, Rocklin 1, Roseville 1, Sacramento County 3, Sacramento 2, San Bernardino County 3, Colton 1, San Francisco 1, Santa Barbara 1, Santa Clara 4, Sonoma County 1, Woodland 6.

**Whooping Cough.**

58 cases of whooping cough have been reported, as follows: Alameda 2, Berkeley 1, Oakland 5, Fresno 1, Azusa 1, Long Beach 5, Los Angeles 3, Pasadena 2, Monterey County 1, Riverside 8, Colton 1, San Diego 7, San Francisco 5, Redwood City 1, Santa Barbara 1, Lindsay 14.

**Poliomyelitis.**

1 case of poliomyelitis has been reported from Fresno.

**Typhoid Fever.**

6 cases of typhoid fever have been reported, as follows: Los Angeles County 4, Los Angeles 1, Stanislaus County 1.

**Epidemic Meningitis.**

9 cases of epidemic meningitis have been reported, as follows: Los Angeles County 4, Los Angeles 3, Sacramento 1, Woodland 1.

**Typhus Fever.**

1 case of typhus fever has been reported from Los Angeles.

**COMMUNICABLE DISEASE REPORTS.**

Disease	1926				1925			
	Week ending			Reports for week ending Feb. 27 received by Mar. 2	Week ending			Reports for week ending Feb. 28 received by Mar. 3
	Feb. 6	Feb. 13	Feb. 20		Feb. 7	Feb. 14	Feb. 21	
Anthrax	0	0	0	0	0	0	0	0
Chickenpox	358	469	491	449	467	385	368	433
Diphtheria	127	96	120	121	156	137	126	118
Dysentery (Bacillary)	0	0	0	0	1	0	0	0
Epidemic Encephalitis	3	2	1	0	4	1	1	1
Epidemic Meningitis	9	12	7	9	2	1	1	1
Gonococcus infection	140	87	84	61	87	132	211	104
Influenza	575	527	308	383	80	91	160	105
Leprosy	0	0	0	2	1	0	0	1
Malaria	1	1	1	3	3	1	1	0
Measles	66	89	108	90	39	38	60	49
Mumps	218	292	308	306	191	163	248	219
Pneumonia (lobar)	98	144	72	83	92	147	95	77
Poliomyelitis	3	6	4	1	2	5	3	2
Scarlet Fever	171	186	147	155	170	151	151	136
Smallpox	186	207	132	125	173	164	184	171
Syphilis	174	137	97	88	138	123	212	134
Tuberculosis	214	168	208	122	130	254	288	128
Typhoid Fever	13	13	9	6	10	6	8	3
Typhus Fever	0	0	0	1	0	0	0	0
Whooping Cough	53	63	51	58	119	211	149	216
Totals	2409	2499	2148	2063	1865	2010	2266	1898

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